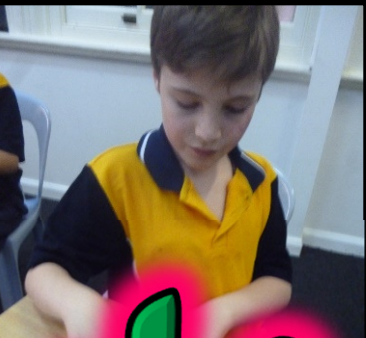




# Giant Steps Middle School Cookbook

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# Middle School 2



# Cookbook





*Hi MS2 parents,*

*We've had a lot of fun this year in middle school – but our favourite program has definitely been cooking. We've had some good recipes and some better recipes, but we've had heaps of fun learning how to cook and then getting to eat it afterwards!*

*The cooking program was so successful for a number of different reasons and the students have developed some amazing life skills including, but definitely not limited to:*

- Being involved in a social activity that happens every day in every home. Food preparation is a terrific social activity because it has a structured process to it. And there's plenty of recipe books that can be bought off the shelf that have step-by-step pictures.*
- Waiting for and taking turns (especially when it's really hard – like when there's chocolate involved!)*
- Using lots of different types of cooking equipment. Motor skills have especially developed in learning to use sharp knives to cut a variety of different food types (some hard, some soft, some that tear or crumble if you apply too much pressure, and some that take forever to get through if you don't apply enough!) All the students can now confidently and independently hold a knife in their right hand and use their left hand to stabilise most foods to cut it – a massive improvement for some that didn't want to touch the knife or food at all when we started, or that were completely reliant on hand-over-hand support.*
- Having some control over what they eat and how it is prepared (including negotiating more/less of certain components and discovering new flavours that they like/dislike). This is especially important because it will mean that our fussy eaters will be able to have some autonomy and independence in this area, rather than always relying on others to get it right for them!*

*We've put together this recipe book to show you all the things we've made this year and in the hopes that you will be willing to cook some of these things with your kids sometimes. It is something that they just love to do and will be so beneficial for their growing independence. In our first semester we focussed on healthy foods (to varying degrees of success) and in our second semester we tied cooking in to the My World unit of work, to try lots of different types of food from around the world. You'll see all of the recipes that we did this year in this book!*

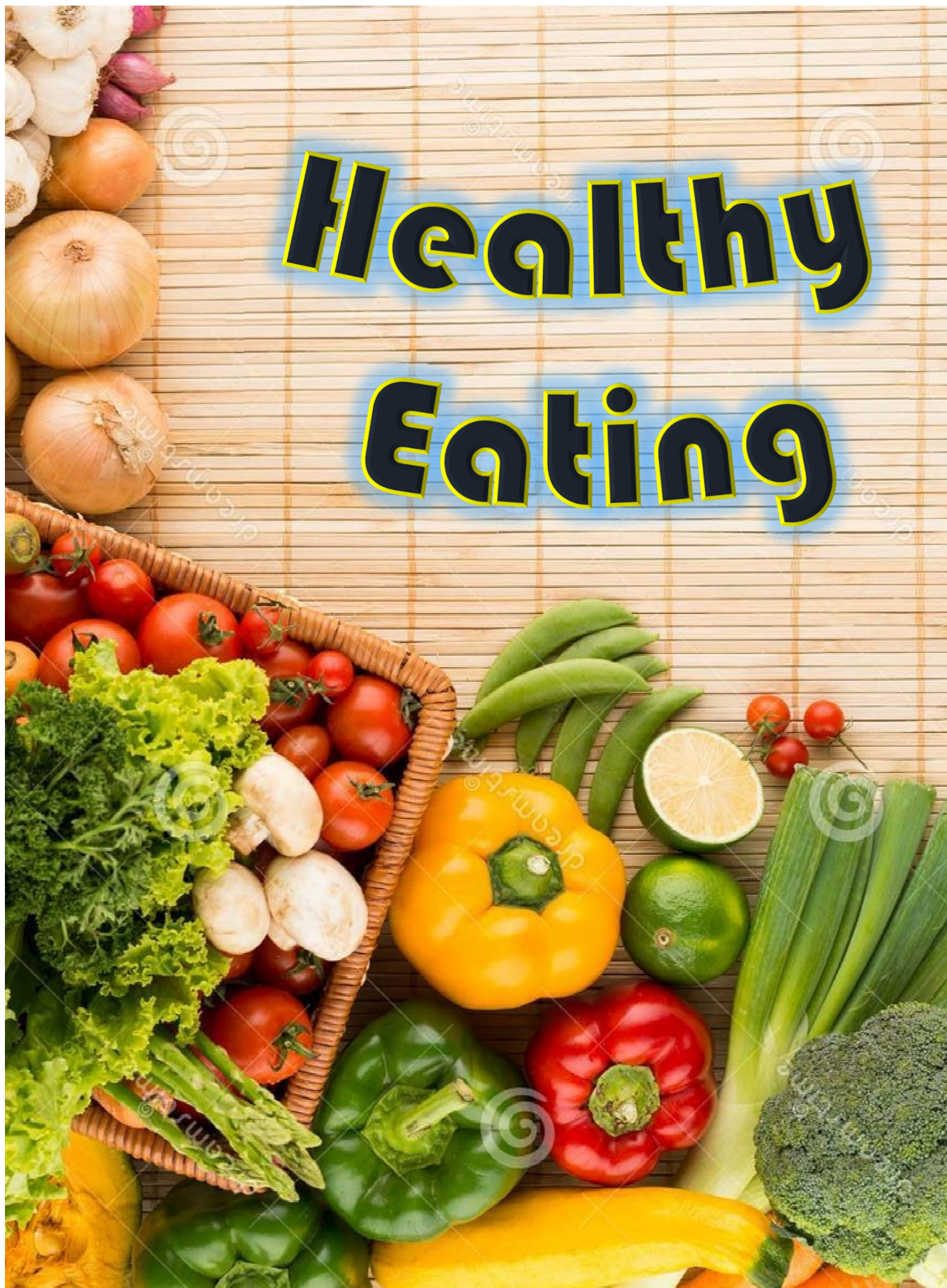
*The recipes that follow are the presentations that we used in class to help the students to follow the procedure. So as not to complicate things, not all of them have quantities or timings of things written on them (and there might even be some small errors!) To help you feel more comfortable, I encourage you to google a recipe of the food beforehand and read over it, or have it next to you, so that you can refer to it and provide guidance as you go.*

*Thank you for trusting us and your kids with sharp knives and hot things! We hope that they've learnt a lot and that they've had a great time.*

*Good luck in the kitchen!*

*The MS2 chefs*

# Healthy Eating







Fruit Juice



Pesto Pasta



Pork Lettuce Cups



Quesadillas



Chicken Stir Fry



Salad Wraps



Sushi



Rice Paper Rolls



Nachos & Guacamole



Fried Rice



Hummus



# Fruit Juice





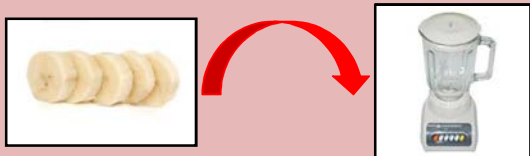
peel banana



chop banana



banana in blender



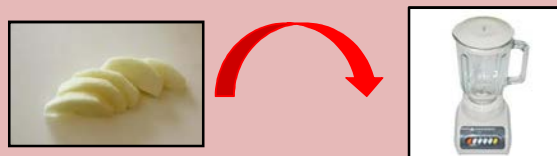
peel apple



chop apple



apple in blender





juice in blender



noisy cover ears



turn on



pour in cup



drink – yummy!





# Pesto Pasta





We need...



fry pan



bowl



saucepan



food processor



spoon

We need...



basil



pasta



Parmesan cheese



Pine nuts



garlic



oil

1. Cook pasta



2. Chop 1 cup basil leaves



3. Fry pine nuts



okokchina.com

4. Add garlic





5. Add parmesan cheese



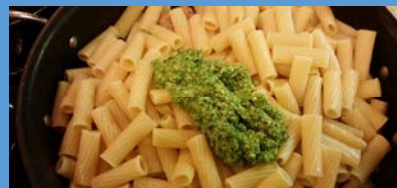
6. Blend ingredients



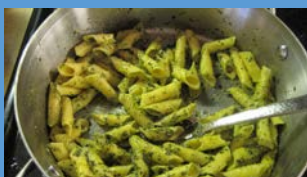
6. Add oil



7. Add pesto to pasta



8. Stir pasta



8. Eat pesto pasta





# Pork Lettuce Cups

Sang Choy Bao





We need...



spoon



fry pan



knife



Cutting board



grater

We need...



zucchini



lettuce



garlic



Pork mince



oil

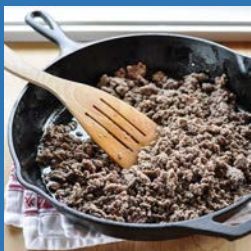


carrot

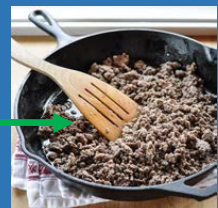


Hoisin sauce

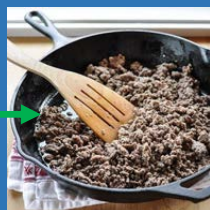
1. Cook mince



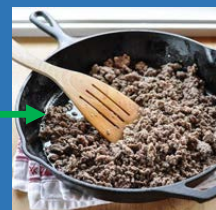
2. Chop garlic → put in mince



3. Grate carrot → put in mince



4. Grate zucchini → put in mince

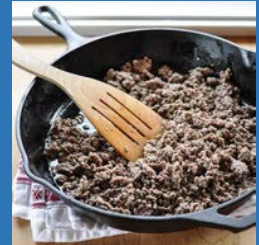




5. Stir mince



6. Add hoisin sauce



7. Stir mince



8. Put mince into lettuce cups



9. Eat pork lettuce cups



10. Pack away





# Quesadillas





We need...



Spatula



fry pan



knife



fork



Cutting board



spoon



grater



Pizza cutter

We need...



Grated cheese



Lemon



carrot



tortillas



oil



Tomato salsa



Spinach



Avocado

1. Grate carrot



2. Place tortilla on plate



3. Spread tomato salsa



4. Add cheese





5. Add grated carrot



7. Add spinach leaves



8. Add more cheese



9. Put tortilla on top



10. Pan fry quesadillas



11. Cut quesadillas





12. Mash avocado and squeeze lemon



14. Add lemon juice



15. Add avocado salsa



15. Eat quesadillas!



16. Pack away





# Chicken Stir Fry





We need...



spoon



fry pan



knife



Wooden spoon



Cutting board



1/3 cup



2 bowls



We need...



Soy  
sauce



chicken



carrot



Snow peas



honey



rice

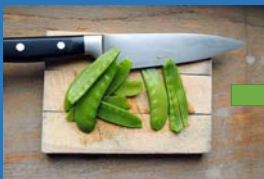
1. Cook rice



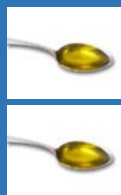
2. Chop carrot → add to bowl



3. Chop snow peas → add to bowl



4. Add oil





5. Cook chicken



6. Add chicken to bowl



7. Cook carrot and snow peas



8. Add chicken



9. Add 1/3 cup honey



10. Add soy sauce





### 11. Stir ingredients



### 12. Eat chicken stir-fry



### 13. Pack away



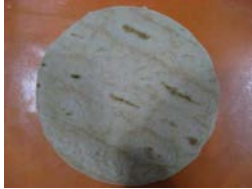


# Salad Wraps





## Ingredients



Wrap

## Ingredients



tomato



cucumber

## Ingredients



ham



cheese



get plate



get bowl



get knife





cut cucumber and put in bowl



cut tomato and put in bowl



cut ham and put in bowl



put cheese in bowl



mix and put on wrap

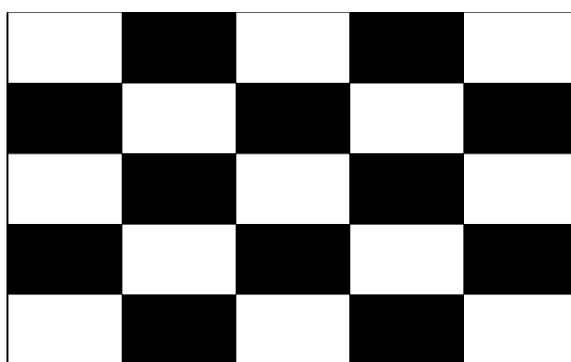


eat wrap





pack away



finished





# Sushi





### Ingredients



Carrot

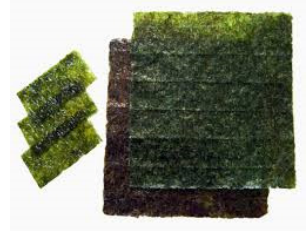


chicken

### Ingredients



Cucumber



Nori

### Wash Hands



### Get Plate



### Get Knife



### Get Sushi Mat





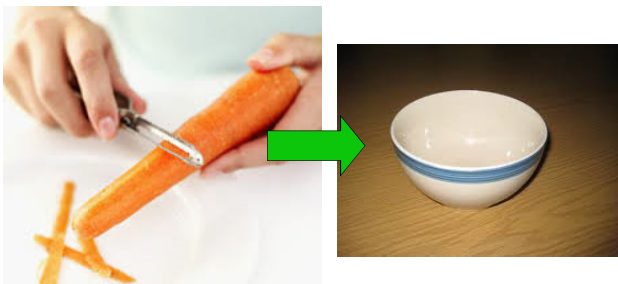
Get Peeler



Get Spoon



Peel carrot and put in bowl



Cut cucumber and put in bowl



Bowls on Table



Put nori on sushi mat





Put Cooked Rice on Nori



Put Carrot on Nori



Put Cucumber on Nori



Pull apart chicken



Put chicken on Nori



Roll in sushi mat

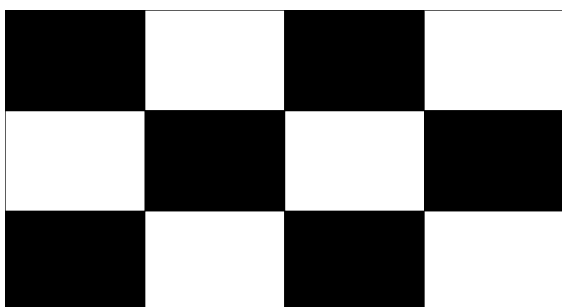




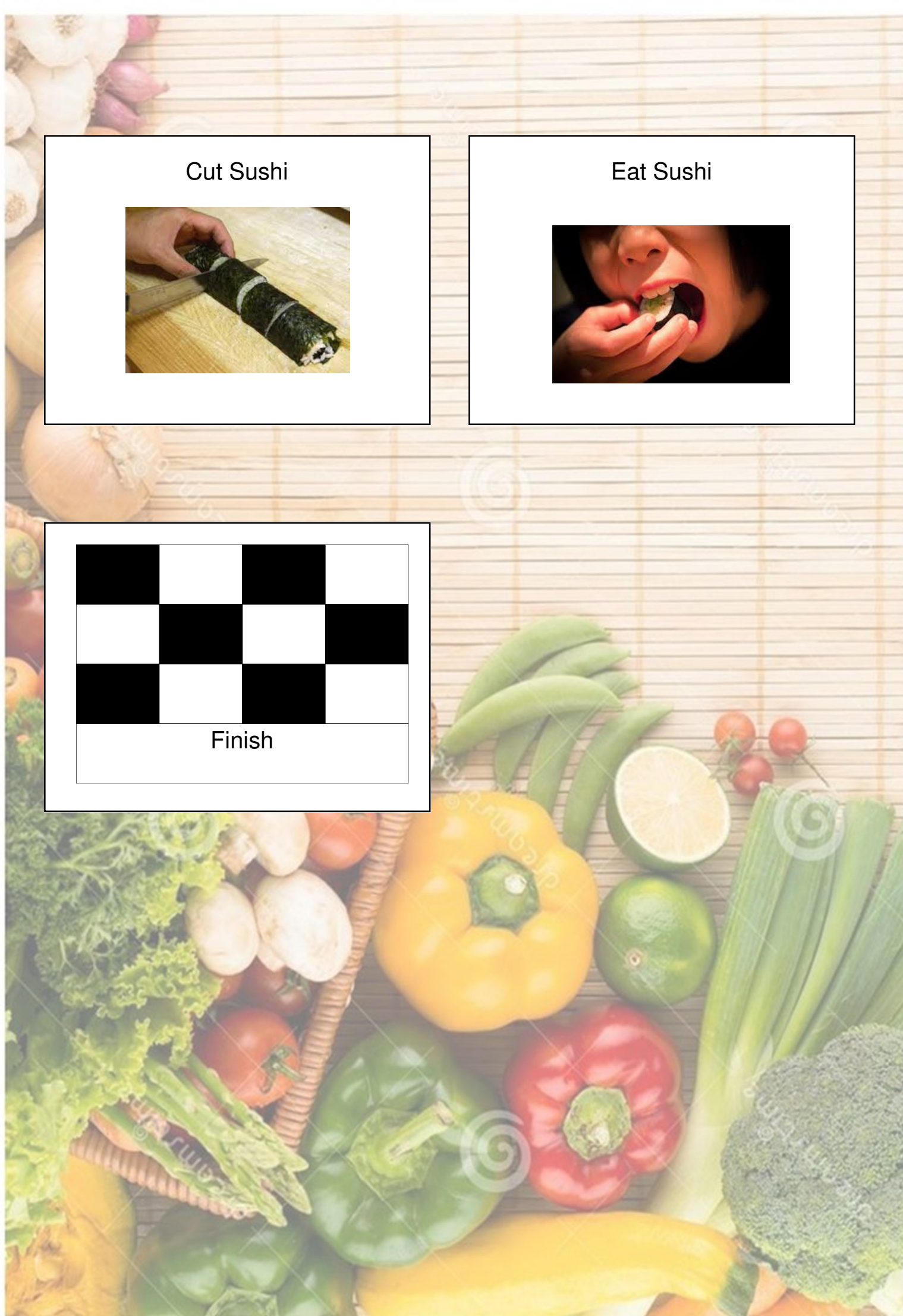
Cut Sushi



Eat Sushi



Finish





# Rice Paper Rolls







lettuce



chicken



rice paper



carrot



rice noodles

you need



cut lettuce

tear lettuce



Grate carrot



Peel carrot



shred chicken





Cut chicken



put rice noodles in water

leave in water for 3 minutes



Put rice paper in water



put rice paper on plate



put lettuce on rice paper



put rice noodle on rice paper





put carrot on rice paper



put chicken on rice paper



roll rice paper



Fold ends of rice paper



roll rice paper



eat rice paper rolls



# Nachos and Guacamole





## Ingredients



## equipment



wash hands



mince in frypan

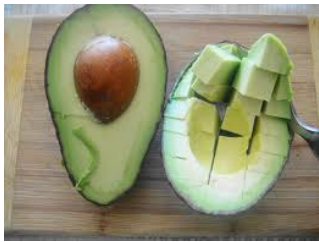


kidney beans in frypan

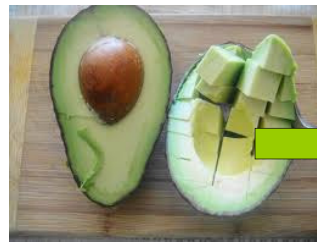


cook mince and kidney beans





cut avocado



avocado in bowl



Squeeze lemon



lemon juice in bowl



salt in bowl



mix guacomole

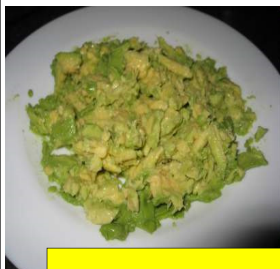




corn chips on plate



mince on plate



guacamole on plate



Salsa on plate



eat nachos

Pack away





# Fried Rice







Get chopping board



Get bowl

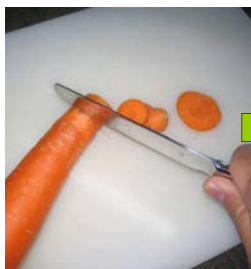


Get knife

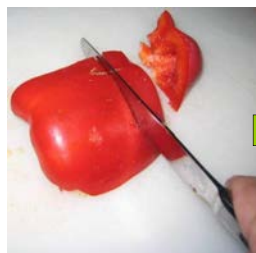


Get spoon

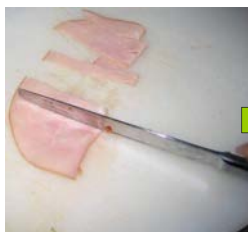
Chop carrot. Carrot in bowl



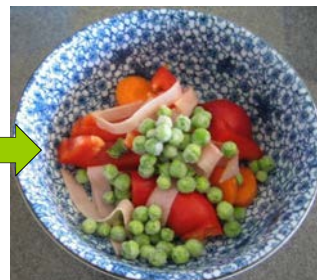
Chop capsicum, put in bowl



Chop meat, put in bowl



Get 3 spoons of peas, put in bowl



1, 2, 3



Get rice put in bowl



Ingredients in pan. Adult stirs



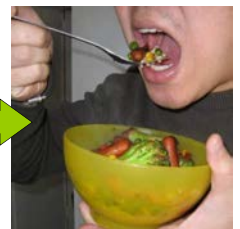
Soy sauce in fry pan



Adult stirs



Fried rice in bowl



eat

Pack away

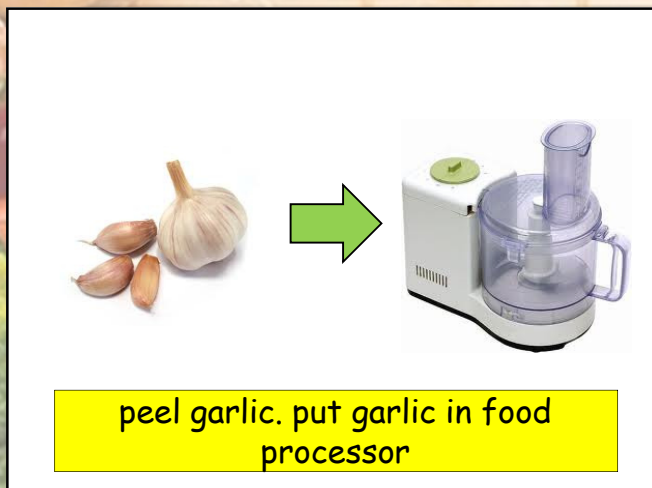
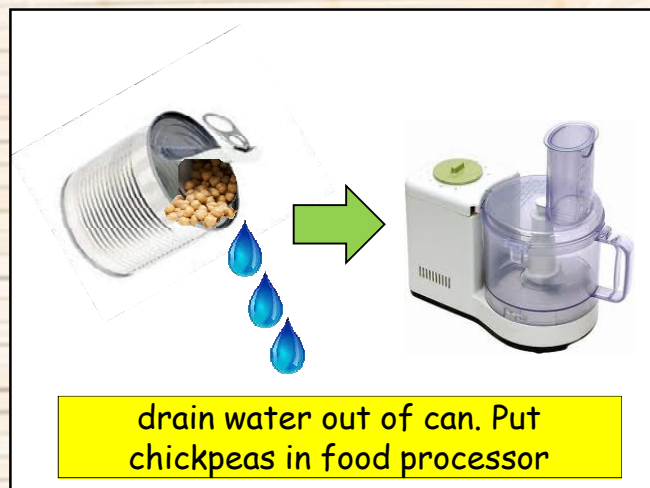
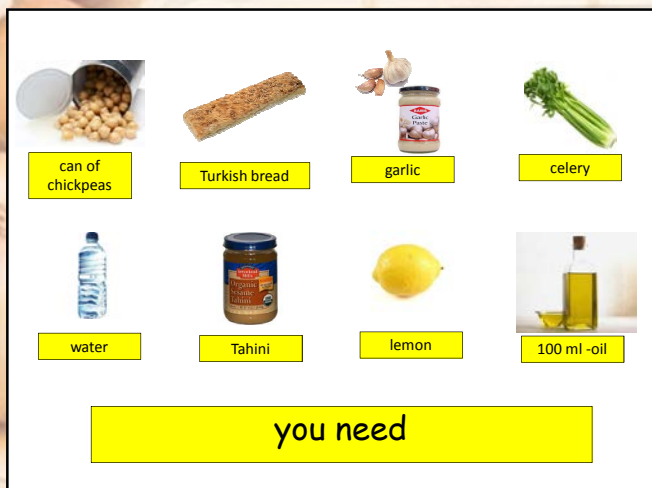




# Hummus











1 teaspoon



measure ground cumin. put cumin in food processor



cut and squeeze lemon juice in food processor



mix in food processor for 10, 9, 8, 7, 6  
5, 4, 3, 2, 1 - Finish



add  $\frac{1}{4}$  cup of water in food processor  
for 10, 9, 8, 7, 6 5, 4, 3, 2, 1 - Finish



take dip out and put in bowl



cut carrot into sticks. put on a plate.





cut celery into sticks. put on a plate.



cut bread into slices



toast bread. 5, 4, 3, 2, 1- Finish



cut toast into sticks



dip in hummus and eat



**MADE IN MALAYSIA**



**MADE IN ENGLAND**



**my world**





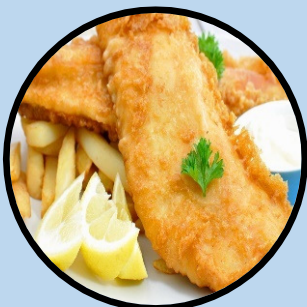
Scones



Bangers and Mash



English Muffins



Fish and Chips



Victoria Sandwich



# Scones





## what we need...

### Equipment



measuring cups



tablespoon



wooden spoon



electric beater



rolling pin



baking tray



2 bowls



knife



chopping board



cookie cutter

## what we need...

### Ingredients



self raising flour



caster sugar



butter



buttermilk



jam



cream



1. sugar in bowl



2. self raising flour in bowl



3. rub butter in bowl



4. buttermilk in bowl





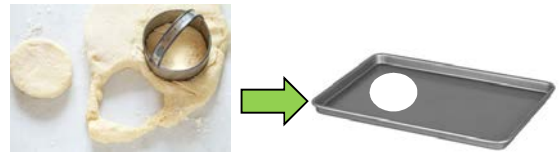
5. stir



6.knead dough



7. roll dough



8. cut circles and put on tray



9. tray in oven



10. cream in bowl





11. mix with electric beater



12. get scones from oven



13. cut scone

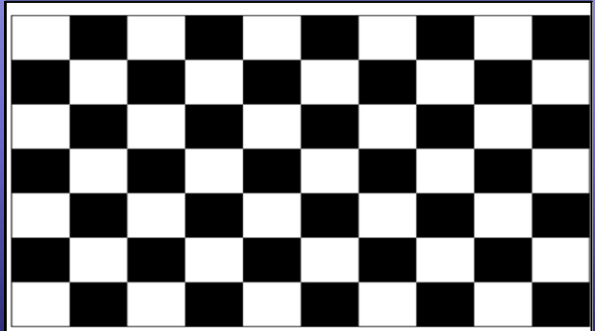


14. put jam and cream on scones



15. pack away

finished





# Bangers and Mash





what we need...

**Equipment**



fry pan



knife



masher



plate



peeler



bowl



spoon

what we need...

**Ingredients**



sausages



potatoes



butter



salt



leek



oil



peel potato



chop potato



potato in bowl



water in bowl





cook potato in microwave



sausages in pan



chop leek



leek in pan



mix



mash potatoes





sausages on plate



potatoes on plate

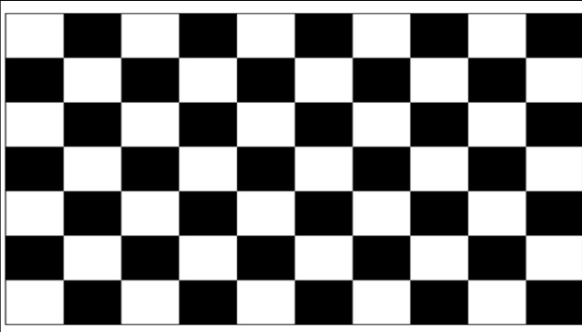


eat



pack away

finished



# English Muffins





## what we need...

### Equipment



chopping board



plate



toaster



knife



whisk



bowl



spatula



frypan

## what we need...

### Ingredients



English muffins



jam



butter



vegemite



honey



eggs



break eggs into bowl



mix



oil in pan



eggs in pan



mix eggs



slice muffin



muffin in toaster



toaster on



spread butter



honey



jam



vegemite



scrambled eggs

choose



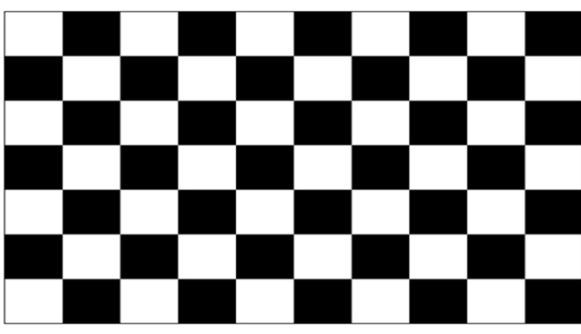


spread

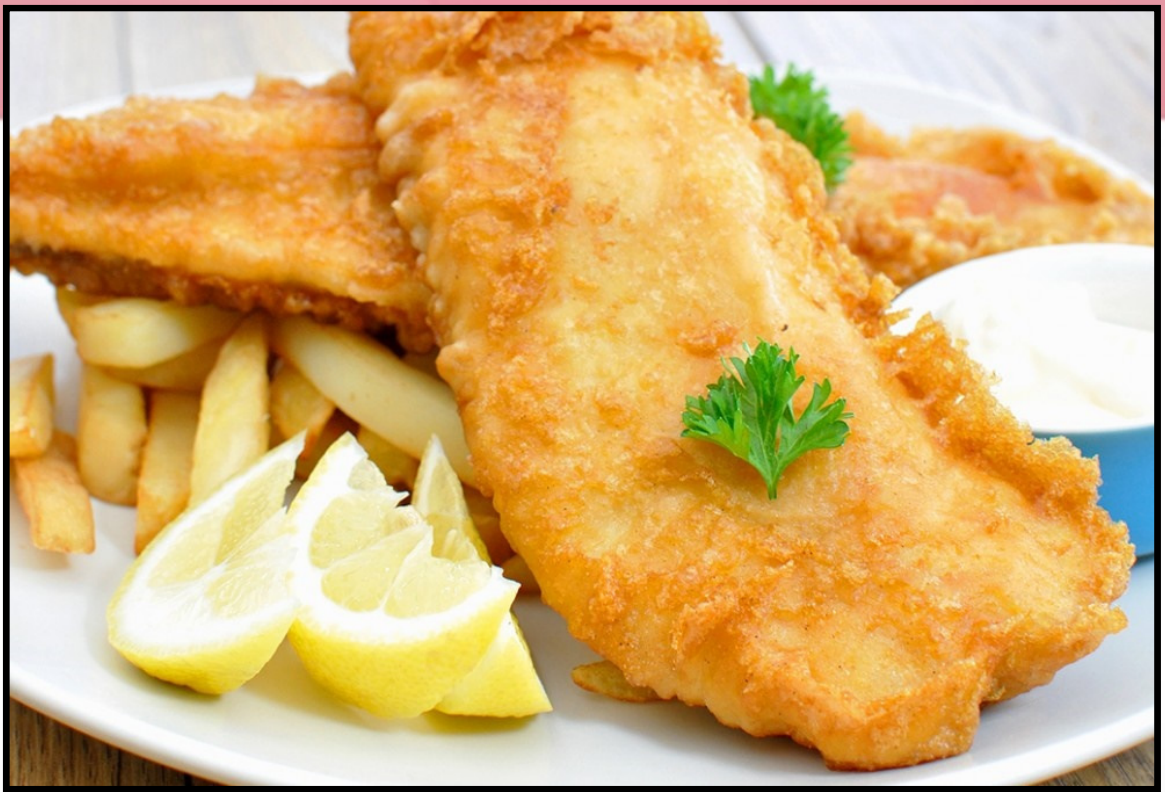


wash up

finished



# Fish and Chips





## what we need...

### Equipment



fry pan



tongs



bowl



plate



knife



tray



spoon



whisk

## what we need...

### Ingredients



fish



eggs



flour



salt



bread crumbs



oil



chips



1. chips in tray



1. tray in oven



2. slice fish



3. eggs in bowl



4. whisk egg



4. egg, flour, breadcrumbs in bowl



5. dip fish in flour



6. dip fish in egg



6. fish in breadcrumbs







7. oil in frypan



8. fish in fry pan



10. chips out of oven

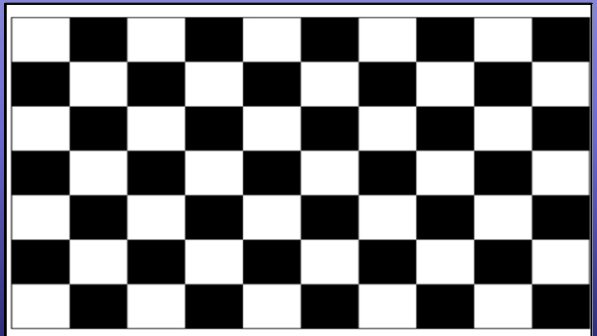


10. fish and chips on plate



11. eat

finished



# Victoria Sandwich





## what we need...

### Equipment



## what we need...

### Ingredients



1. oil in cake tin



2. eggs in bowl



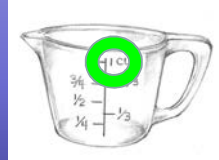
3. 3/4 cup icing sugar in bowl



4. 2 teaspoons vanilla in bowl



5. mix with electric mixer



6. 1 cup flour in bowl



7. 1 teaspoon baking powder in bowl



8. salt in bowl



9. 1 tablespoon butter in bowl



10. mix with wooden spoon

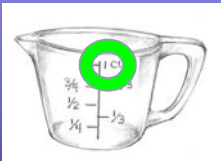




11. mixture in 2 cake tins



12. tins in oven



13. cream in bowl



14. vanilla in bowl



15. whisk with electric mixer



16. spread jam



17. spread cream



18. stack

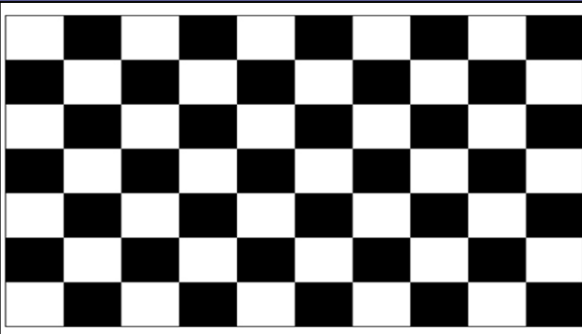


19. eat



7. wash dishes

finished







Apple and Honey Bundt Cake



Oatmeal



Irish Pasties

# Apple and Honey Bundt Cake





## what we need...

### Equipment



measuring cup



teaspoon



wooden spoon



cake tin



knife



chopping board



bowls



grater

## what we need...

### Ingredients



sugar



oil



cinnamon



salt



apples



eggs



honey



vanilla



self raising flour



walnuts



sugar in bowl



oil in bowl



stir



eggs in bowl, beat eggs



eggs in bowl



honey in bowl



vanilla in bowl



stir



flour in bowl



salt in bowl





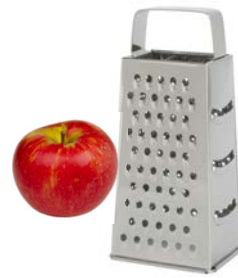
cinnamon in bowl



stir



walnuts in bowl



grate apple



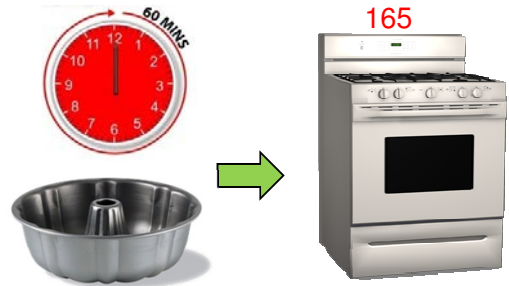
apple in bowl



stir



pour into cake tin



put in oven, cook for 30min

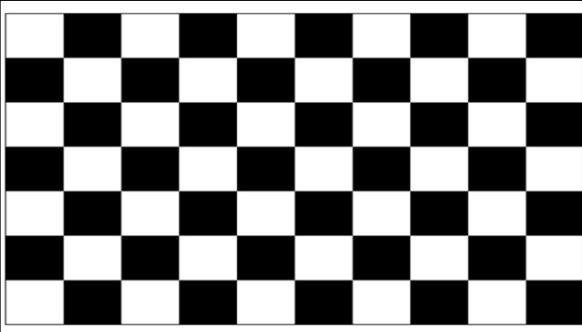


eat



pack away

finished





# Oatmeal



## what we need...

### Equipment



measuring cup



teaspoon



wooden spoon



electric fry pan



knife



chopping board



bowls

## what we need...

### Ingredients



hot water



steel cut oats



cinnamon



brown sugar



banana



water in frypan



oats in frying pan



cinnamon in frying pan



stir





simmer, cook for 3min



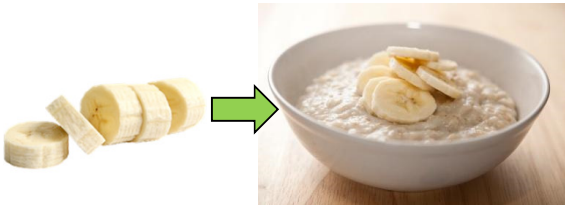
brown sugar in frypan



cut banana



oatmeal in bowl



banana in bowl

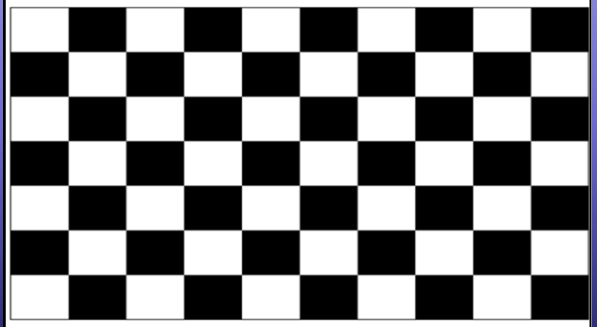


eat



pack away

finished





# Irish Pasties



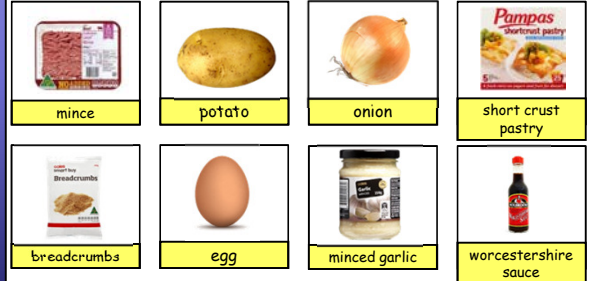
## what we need...

### Equipment



## what we need...

### Ingredients



cut onion



onion in frying pan



garlic in frying pan



cut potato





potato in frying pan



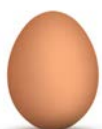
mince in frying pan



stir



meat in bowl



egg in bowl



worcestershire sauce in bowl



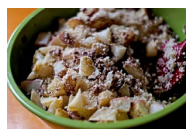
breadcrumbs in bowl



stir



cut circles in pastry



spoon meat on pastry



fold pastry



pinch edges with fork





pasties on tray



tray in oven 200\* for 15 min



get pasties from oven

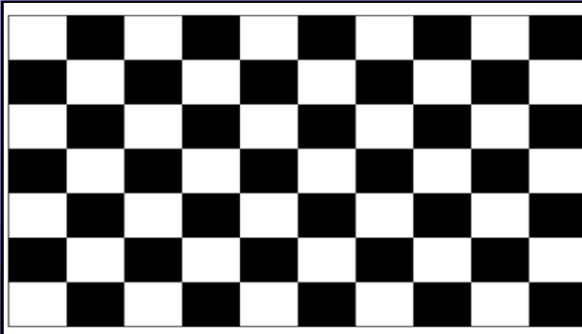


eat pasties



pack away

finished





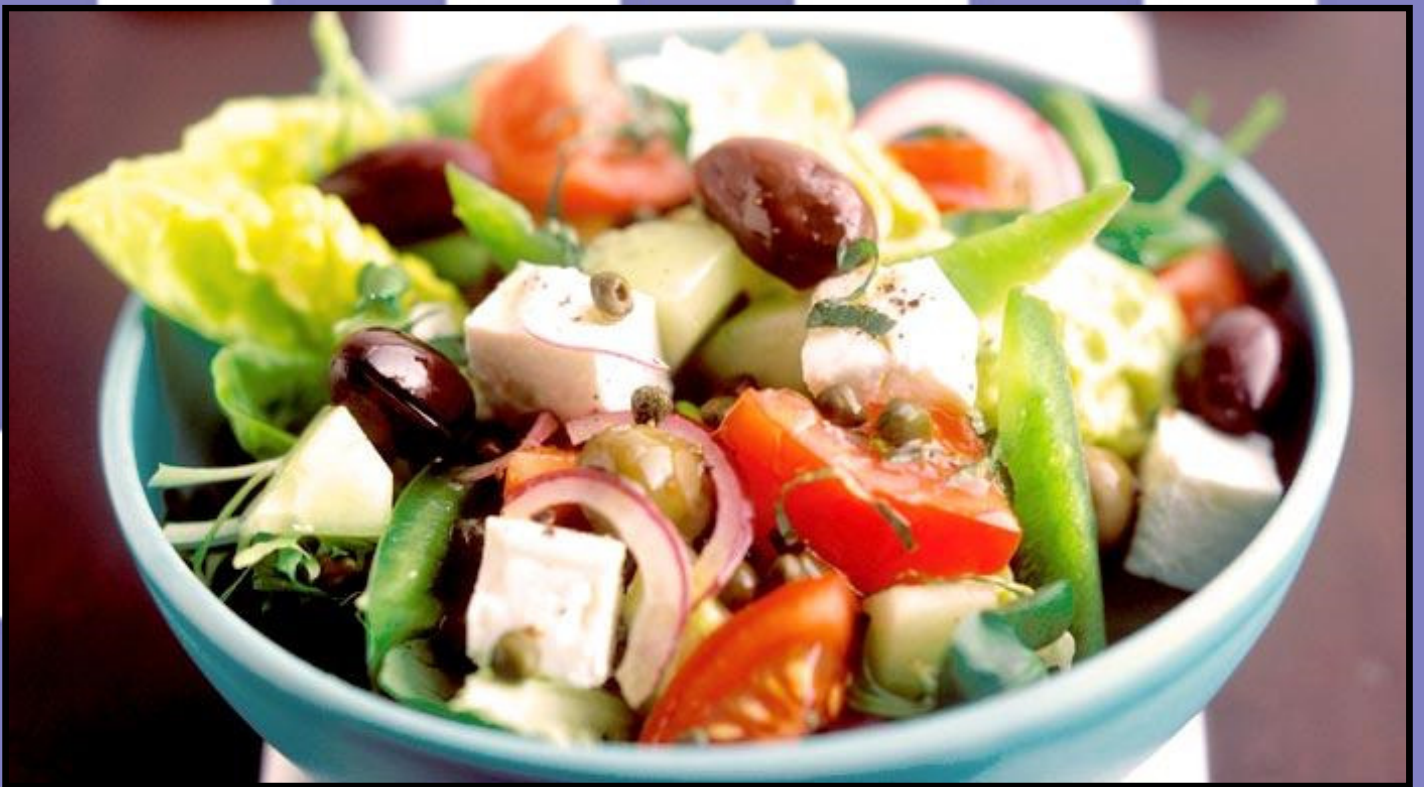
Greek Salad



Lamb Souvlaki

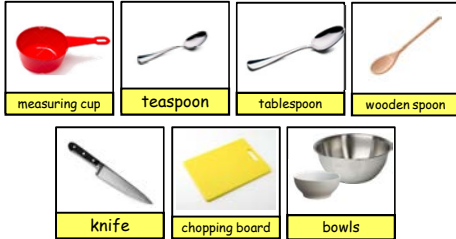


# Greek Salad



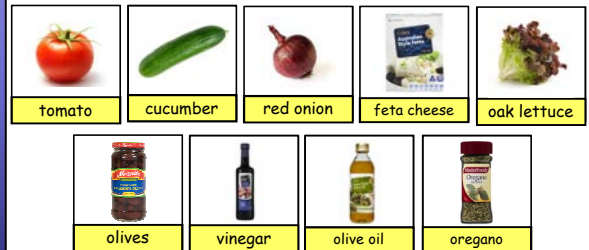
## what we need...

### Equipment

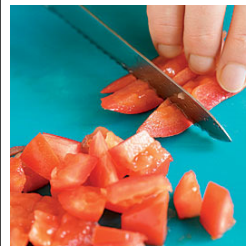


## what we need...

### Ingredients



lettuce in bowl



cut tomatoes, put in bowl



cut cucumber, put in bowl



cut onion, put in bowl





cut feta cheese, put in bowl



put olives in bowl



oil in small bowl



vinegar in bowl



oregano in bowl



stir



dressing in bowl



stir

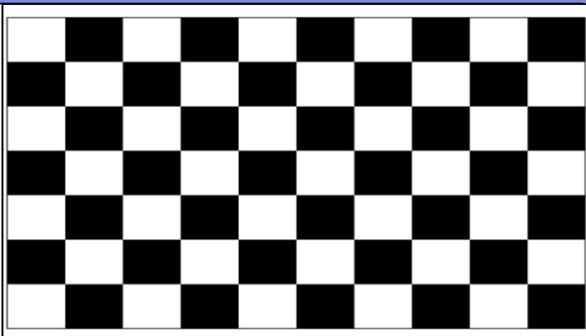


eat



pack away

finished





# Lamb Souvlaki



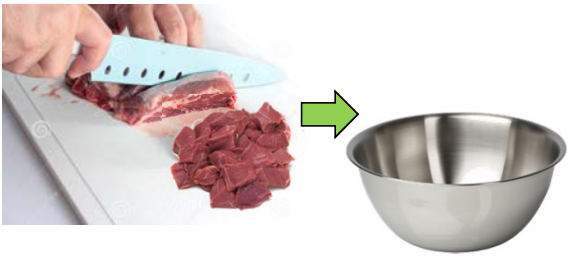
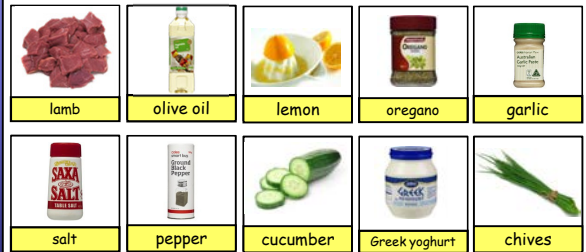
## what we need...

### Equipment



## what we need...

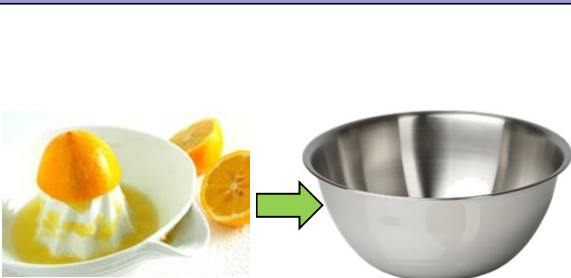
### Ingredients



cut lamb, lamb in bowl



oil in bowl



squeeze lemon, put in bowl



oregano in bowl





garlic in bowl



salt in bowl



pepper in bowl



stir



lamb on skewers



cook in frypan



Greek yoghurt in bowl



garlic in bowl



oil in bowl



squeeze lemon, put in bowl



cut chives, put in bowl



grate cucumber, put in bowl





stir

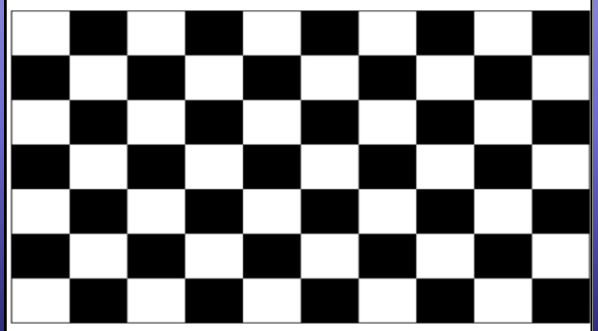


eat



pack away

finished





Baklova Fingers



Lamb Kofta



Stuffed Capsicum



Za'atar Flatbread



# Baklava Fingers



## what we need...

### Equipment



## what we need...

### Ingredients



1/3 cup



walnuts in bag



hit walnuts with mallet



walnuts in bowl

1 teaspoon



brown sugar in bowl



1 teaspoon



cinnamon in bowl

1 tablespoon



melted butter in bowl



stir



melted butter on pastry



fold pastry in half



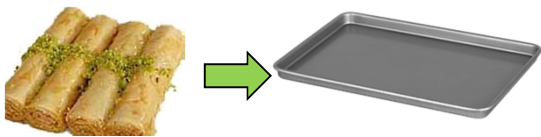
cut pastry in half



walnuts on pastry



roll pastry



pastry on tray



brush with butter



tray in oven, cook 15min 210



water in pot





sugar in pot



honey in pot



pot on stove



stir

STOVE NOTE: stir over low heat until sugar has dissolved, bring to boil, reduce heat, simmer for 5 min, remove from heat and add orange blossom water.



take off stove



orange blossom water in pot



stir



get pastry from oven



pastry on plate

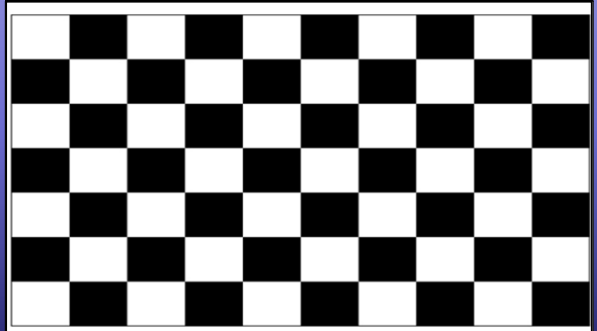


syrup on pastry



pack away

finished





# Lamb Kofta



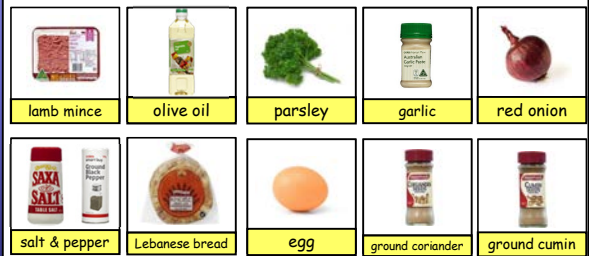
## what we need...

### Equipment



## what we need...

### Ingredients



Lamb mince in bowl



cut onion, put in bowl



cut parsley, put in bowl



cumin in bowl





coriander in bowl



garlic in bowl



salt in bowl



salt in bowl



egg in bowl



stir



lamb on skewers



oil in frypan



cook in frypan

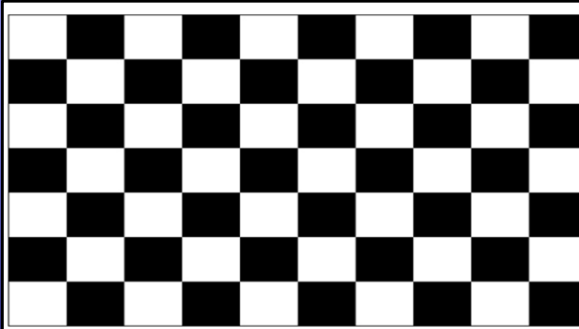


Kofta on Lebanese bread



pack away

finished





# Stuffed Capsicum



## what we need...

### Equipment



## what we need...

### Ingredients



allspice in bowl



coriander in bowl



cumin in bowl



nutmeg in bowl





cinnamon in bowl



pepper in bowl



squeeze lemon, put in bowl



oil in frypan



cut onion, put in frypan



tin tomatoes in frypan



salt in frypan



rice in frypan



lemon juice in frypan



cut mint, put in frypan



cut parsley, put in frypan



spices in frypan





water in frypan



stir, cook for 15 min



cut top off, take out seeds



cut capsicum in half



rice in capsicum



capsicum in dish



water in dish



tray in oven, cook 40min 170

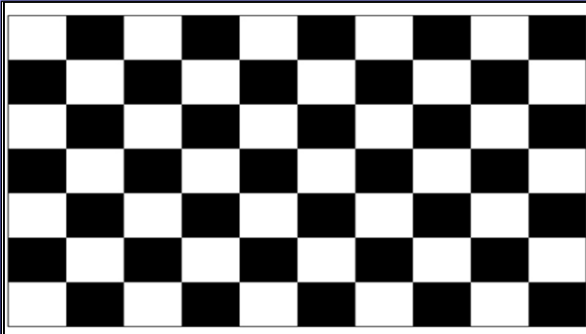


eat



pack away

finished





# Za'atar Flatbread



## what we need...

### Equipment



## what we need...

### Ingredients



Greek yoghurt in bowl



Self raising flour in bowl



stir



knead dough in bowl





roll dough with rolling pin



dough on tray



oil in bowl



oregano in bowl



sumac in bowl



thyme in bowl



sesame seeds in bowl



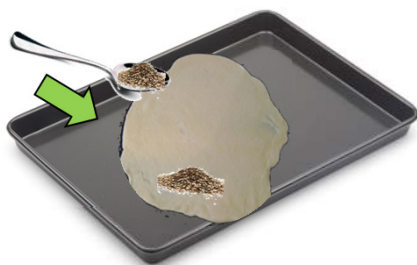
salt in bowl



pepper in bowl



stir



herbs on dough



180

cook in oven 180\* for 15minutes



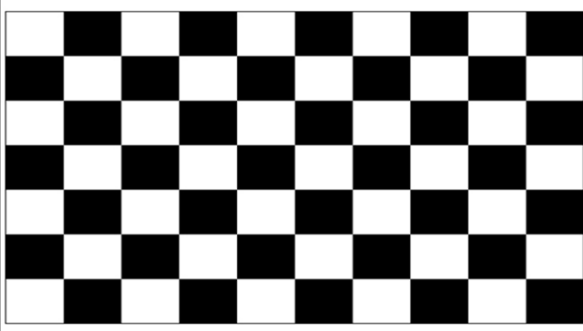


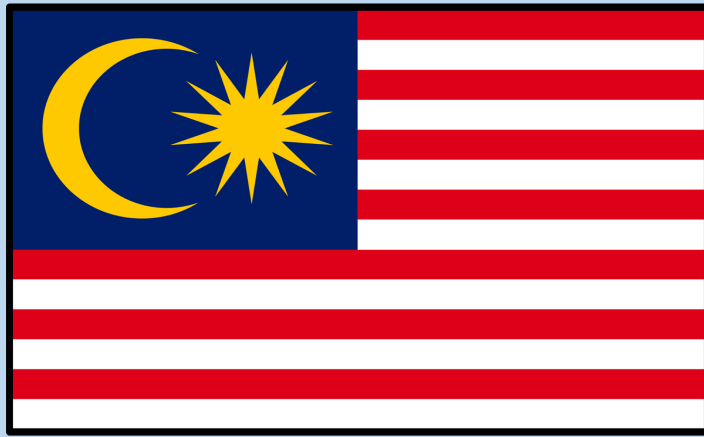
eat



pack away

finished

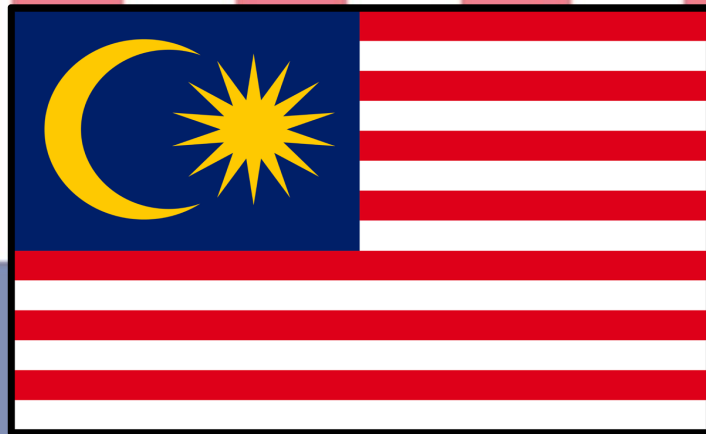




Pandan Pancakes



# Pandan Pancakes



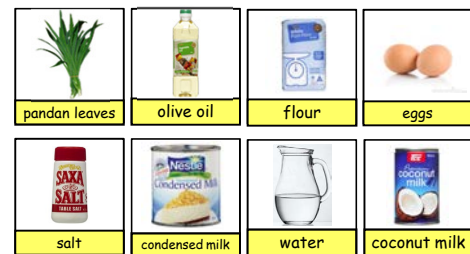
## what we need...

### Equipment



## what we need...

### Ingredients



cut pandan leaves, pun in food processor



flour in food processor



eggs in food processor



coconut milk in food processor



$\frac{1}{4}$  teaspoon



salt in food processor

tablespoon



oil in food processor

tablespoon



water in food processor



turn on food processor



batter in bowl



batter in pancake machine



cook pancake



pancake on plate



condensed milk on pancakes

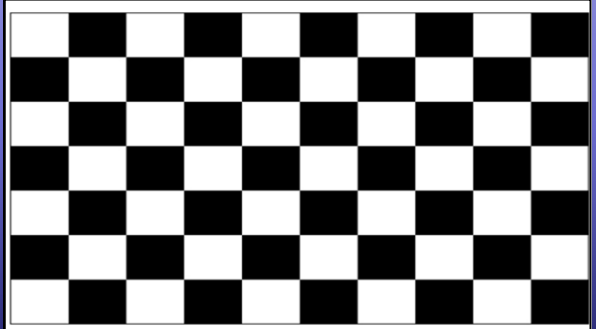


eat

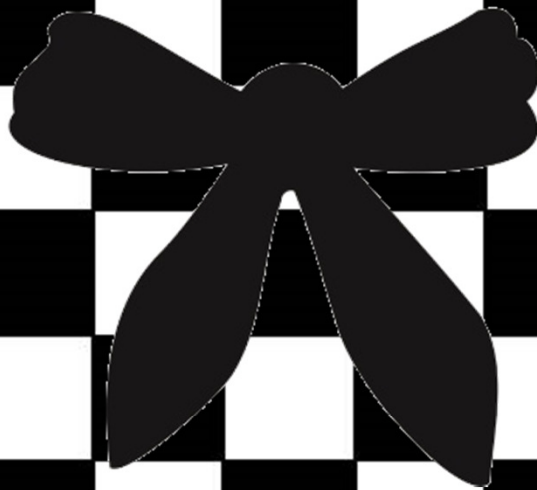
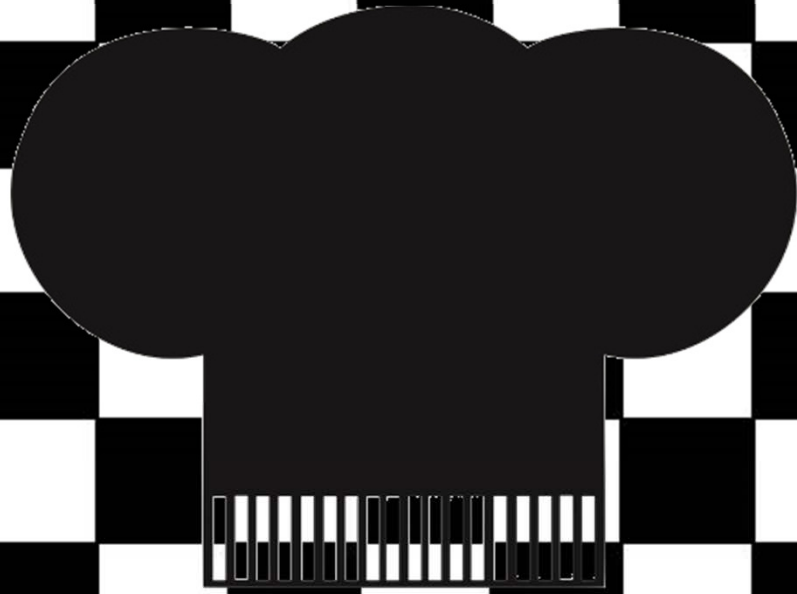


pack away

finished







**Bon Appetit!**